



CLEANING UP AFTER BODY FLUIDS (Urine, Feces, Vomit, Blood)

Avoid direct contact with body fluids, as they all have the potential to spread germs. Germs in vomit and diarrhea may travel through the air, so it is very important to clean it up quickly. The following is a good procedure to use:

1. Put on gloves. Disposable latex or vinyl gloves are the best choice. However, reusable rubber gloves are acceptable as long as they are cleaned and sanitized after each use.
2. Remove all the visible material, working from the least to the most soiled areas, using paper towel or a single-use cloth. If you are cleaning up feces or vomit, be careful not to agitate the material, so that virus particles do not become airborne. Put all material in a water-proof bag for disposal.
3. Clean the area using soap or detergent, again working from the least to the most soiled areas.
4. Sanitize the area using a 1:10 bleach solution (instructions follow). Always make a fresh solution daily. Because of the level of contamination, this bleach solution is much stronger than the 1:100 solution used for regular sanitizing. The bleach must contact the affected area for a minimum of 10 minutes.
5. Discard gloves and other cleaning articles in a plastic bag. You can dispose of liquid wastes in the toilet or down the utility sink drain. Remember to clean and sanitize reusable gloves.
6. Wash your hands after removing the gloves.
7. Wash the non-disposable cleaning equipment (mops, buckets) thoroughly with soap and water and then rinse with a bleach solution.

Spill kit: It is a good idea to have a spill kit on site so that you are always prepared. Your kit should include the following:

- ✓ gloves (disposable preferred)
- ✓ paper towel or cloth towel (laundered after every use)
- ✓ soap or detergent
- ✓ a funnel, plastic bags
- ✓ liquid household bleach
- ✓ spray bottle labeled 1:10 bleach solution – the bottle should have a label with the “recipe”, indicating the amounts of bleach and water.

Dilution instructions for bleach sanitizer:

<p style="text-align: center;">1:10 dilution: Use after cleaning surfaces soiled by faeces, vomitus</p> <p>2 tbsp (30 ml) bleach in 1 cup (250 ml) water Or 2 cups (500 ml) bleach in 1 gallon (4 L) water</p>

<p style="text-align: center;">1:100 dilution: Use for sanitizing commonly-touched surfaces (handrails, doorknobs, light switches, etc.)</p> <p>½ tsp (3 ml) bleach in 1 cup (250 ml) water Or ¼ cup (50 ml) bleach in 1 gallon (4 L) water</p>
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